

V G

Voice of G.S.B.

10 YEARS

& COUNTING



The Quarterly Newsletter of G.S.B Sabha, Mumbai

How to increase profits in hot forging stainless steel?

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From the Managing Committee

To Our Dear Member friends :

The July to September, 2007 issue was the inaugural issue of Voice of GSB (VoG). With this issue, we enter into the 11th year of publication. We have now delivered Voice of GSB to our members for a decade. It has been an eventful and satisfying journey.

Over this period, the newsletter has evolved in several ways. What began as an 8 page inaugural issue is now a 28/32 page newsletter. Early on, we added a cover page which gave an identity to each issue and added colour and vibrancy to the newsletter. Voice of GSB became a platform for members to share their experiences through articles and celebrate the events in their life through announcements. We could see the strong affinity which our members have with their roots in Goa/Karnataka and have been regularly featuring the temples located there. The Kids Zone page is a platform for the budding Picassos of our community to showcase their talent. Members regularly inform us that they have tried out the recipes printed in our Recipe page and look forward to the same. We have covered articles on health and travel regularly. We have made sincere attempts to become a newsletter which has something for each section of our Community and is looked forward to by our members.

Improvement is a continuous process, and at VoG we have made certain changes in the last year to make the newsletter content rich. "News from Other GSB Organizations" details the activities of other GSB organizations working for the common cause of "service to the community". Whereas "GSB Talents" features young and promising GSB talent, "GSB Legends" pays respectful homage to the great people from our community who continue to inspire us.

VoG was initially conceptualized as a mouth-piece of the Sabha, giving out information about its activities and future programmes to our members. With these changes, VoG has evolved from being a mouthpiece of the Sabha to being the Voice of the GSB Community. We also realised that some of our members are unable to attend our programmes and therefore through the newsletter we not only bring to you the details of them but also the initiatives and various activities that Sabha does in every Quarter. This is an excellent medium to build relationship with our Member database.

There are several people to thank for the reaching of this important milestone. Our advertisers and sponsors have provided us with strong financial support and we remain ever grateful to them and look forward to their backing in years to come. Members have been our greatest strength and encouraging and motivating feedback received from them has been a source of motivation for us. The contribution of articles, announcements and children's drawings from the members have re-established our strong connections with them. Enquiries on non-receipt or delayed receipt of the newsletter keep us on our toes and are indications of the eagerness with which members wait for the arrival of their own newsletter, VoG.

We have loved bringing out each of the 40 issues of VoG over the last decade. We enter the next decade with greater enthusiasm and resolve to keep delivering to our members a newsletter which surpasses their expectations. We would also like to cover events and programmes taking place in various GSB Organisations all over the world. To create a feeling of brotherhood, and for that we reach out to each one of you. Let us together make this a Voice heard.

On the completion of a decade of VoG, we have gone in for a revamp of the cover page design. We believe the new cover design, which we present for the first time in this issue, is simple but elegant and carries a greater impact.

We do look forward to your feedback and suggestions for your very own newsletter, Voice of GSB. Please e-mail them to us at gsbsabha@gmail.com.

Thank you. Happy Reading!!!!!!

Managing Committee of G.S.B. Sabha

Table of Contents	Page No.
Message from the Managing Committee	1
Report on Programmes/ Activities Conducted by GSB Sabha's Mahila Shakha in the recent past	
67 th get-together of eligible boys and girls with their parents/guardians	2
Future Programmes/Events of the Sabha :	
Mahila Shakha Future Programmes	2
83 rd Foundation Day Celebrations on Sunday, 20 th August, 2017	4-6
Pravachan by Smt. Bhavana Prabhu from 6 th to 8 th October, 2017	8
Articles	
a. GSB Talents to Watch - Anuj Nayak, Raghunandan Bhat & Sonal Shivkumar	10
b. Curious Anant - France, by Smt. Tanushree Shenoy	12-13
c. GSB Achievers - Dr. Veena Adige, Lt. Krishna Shenoy & Devika Shanbhag	14
d. Muscial Instruments of India Series.	
1 - The Indian Harmonium by Shri Sudhir Nayak	19-20
e. GSB Legends - They make us proud - Dr. T. M. A. Pai	22
f. Monsoon Diet by Anjali Dange	24
g. Recipes by Smt. Anuradha Prabhu	31
News & Information	
a. Spiritual Camp at Uttarkashi from 22 nd to 29 th April, 2017	7-8
b. Book Dedication Ceremony at Karkala-Report by Shri K. G. Mallya	20
c. Chaturmas Information	20
d. News from Other GSB organizations	28-29
e. Shigmotsav at Mumbai held on March 18-19, 2017. Report by Shri Basti Vaman Shenoy	30
Presidents Appeal to Donate to Vidyanidhi Fund	23
Suta Punnav Announcement	23
From the Archives of VoG 2007-08	16-17
5 Questions Contest of Voice of GSB	20, 32
Kids Corner	25, 29
List of Important Dates and GSB Sabha Calendar	32
Kids Zone	Inside Cover

REPORTS ON G.S.B. SABHA'S MAHILA SHAKHA PROGRAMMES HELD IN THE RECENT PAST

The GSB Sabha, Mumbai's Mahila Shakha held 'PARICHAY', which was its 67th Get-together of eligible Boys and Girls with parents on Saturday, 29th April, 2017, at the I. M. Pai Hall of its Sujir Gopal Nayak Memorial Kreedha Mandir, Kings Circle.

For the first time, an ice - breaker session was conducted in getting the boys and girls to interact among themselves.

Around 180 people attended this get-together. 92 girls and boys registered with the Mahila Shakha's database. People from Mumbai, Vapi and Nashik attended the get together.

The Mahila Shakha President, Smt. Durga Shenoy, welcomed the members and gave a brief report of the activities conducted by Mahila Shakha. She felicitated Smt. Vinita Shanbaugh who sponsored this event. The Sponsor released the supplementary list of Boys at the program.



This get-together was appreciated and well received by all the attendees. In fact, many of the attendees requested the Mahila Shakha to conduct 'PARICHAY' more often.

G.S.B. SABHA'S MAHILA SHAKHA FUTURE PROGRAMMES

Date	Programme	Time	Venue
Saturday 8/7/2017	68 th get-together of eligible Boys & Girls with their parents Sponsored by Smt Usha and Shri Mohan Shenoi	3.30 PM	SUDHINDRA NILAYA Shri Laxmi Venkatramana Temple (Balaji Temple), G.S.B SABHA , Vashi, NaviMumbai
Tuesday 1/8/2017	Saptha Bhajan	4:00 PM	Walkeshwar Shri Kashi Math
Wednesday 9/8/2017	Shravan Haldi Kumkum Sponsored by Smt. Vasudha Shenoy and Smt. Bharati Shenoy Competition: Hairstyling (Hairstyling can be done on self or on other person at the venue) Special attraction: Demo and tips on hairstyling and personal grooming	4:00 PM	Dwarakanath Bhavan Hall, Wadala
Monday 25/9/2017	Navratri Haldi Kumkum Sponsored by Smt. Seema Pai Light music by Smt. Amritha Raghuram Kamath	4:00 PM	I. M. Pai Hall, Kreedha Mandir
Friday 6/10/2017 to Sunday 8/10/2017	Devi Mahatme and Geeta Amrit Dhara by famous Shrimad Bhagavatha Pravachana Samartha Smt. Bhavna Prabhu Please see Page no. 8 for Announcement.	6:00 PM to 8:00 PM	Dwarakanath Bhavan Hall, Wadala

All are invited for the programmes.

Bhajan and Bhagvad Gita Chanting classes are held at the Sabha's office. Please contact Sabha's office for details.

Marriage Information meetings are held at Sabha's office on 2nd and 4th Saturday of every month between 4:00 pm and 6:00 p.m.

Mahila Shakha gives marriage assistance to the needy. We need your assistance to help them better. Donations are gratefully accepted.

Smt. Durga C. Shenoy
President
Tel: 97730 52199

Smt. Bina Shenoy & Smt. Amita Kini
Jt. Hon Secretaries
Tel: 98205 07690 / Tel: 98700 62476



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GOWD SARASWAT BRAHMAN SABHA, MUMBAI
83rd Foundation Day Celebrations

The President and Members of the Managing Committee request the pleasure of your company, with family and friends, on the occasion of the 83rd Foundation Day Celebrations of the Sabha. The program will be held on **Sunday, 20th August, 2017** at **Shree Guru Ganesh Prasad, Bhookailash Nagar, Sion, Mumbai - 400022** .

Chief Guest: Dr. Kavita Rege, Principal, Sathaye College

The program schedule is as under :

4 p.m. to 5.30 p.m.

- a. Lighting of Lamp
- b. Introduction of Chief Guest
- c. Honouring Merit Students from Std X onwards. Please see details below.
Silver medals and Certificates are sponsored by Smt. Jayashree Ramesh Shenoy
- d. Felicitation of meritorious Vidyanidhi beneficiaries, from Std I to IX, with the V.R.Shenoy Memorial Vidyanidhi Merit Award, **sponsored by Shri B. T. Mallya.**
- e. Felicitation of children, contributing drawings to Voice of GSB Kids Zone, with GSB Promising Talent Award, **sponsored by Shri B. T. Mallya.**
- f. Speech by the Chief Guest
- g. Address by the President
- h. Vote of Thanks

5.30 to 6.30 p.m.

“Attitude and Motivation” – A motivational and interactive session by **Shri Sunil Ullal.**

6.30 p.m. Light Refreshments Courtesy – Nagesh Rama Nayak's 'Café Mysore'

ANNOUNCEMENT OF EDUCATIONAL AWARDS

Sabha presents educational merit awards to students of GSB community, residing in Greater Mumbai, on the basis of their performance at the Annual Examinations (Final Year Only) held in 2016-2017 in the following courses of studies : **SSC, HSC, Graduate Courses, Medical, Engineering, Technology, C.A., I.C.W.A., C.S., Law, M.B.A. and/ or any post graduate/ professional examinations conducted on an All India basis.**

All students whose results were announced after 6th August, 2016, are eligible to apply for this year awards. In case of SSC/HSC/Graduate students, there is a minimum percentage to qualify for applying as under : **SSC/ICSE/CBSE – 87 % , HSC-Science – 82 % , HSC-Arts 75 % , HSC – Commerce 75 % , Graduate Courses – 70 % .**

The student himself/herself or one of his/her parents should be a member of this or any other G.S.B. institution based in Mumbai and its suburbs.

Certificate of merit will be presented to all awardees. In addition, silver medals and felicitations, from the endowments set up for this purpose and announced on the next page, will be awarded, based on criteria laid down.

The applicants should fill in the application form (published on page 6) and send it along-with a photo-copy of the mark list. The form can also be downloaded from G.S.B.Sabha's web-site, www.gsbsabhamumbai.org. **The completed application forms must reach the Sabha's office on or before Saturday, 5th August, 2017.** Applications received late, if any, will be presented with Certificate of Merit and the presentation of silver medals/felicitations to late applicants will be at the discretion of the committee.

All award winners will be informed by e-mail only. The list of award winners will be displayed on our web-site, www.gsbsabhamumbai.org, and our Sabha's office notice board on Monday, 7th August, 2017. Applicants may seek any clarifications in this regard by Wednesday, 9th August, 2017.

The decision taken by the Managing Committee will be final and binding on the applicant.

Mumbai	Uday V. Malya	Smt. Amita Kini	98700 62476
14-06-2017	President	Smt. Mohini Hegde	93228 91391
	98206 98756	Shri. Bharat Kini	93222 51244

GOWD SARASWAT BRAMHAN SABHA
EDUCATIONAL MERIT AWARDS TO BE AWARDED ON 20th August, 2017.

Felicitations will be presented to the merit students during the Foundation Day from the following endowments:

1. A. M. KAMATH MEMORIAL AWARDS (4) - Donated by his son, Shri Dinkar Kamat.
2. SRIDHAR BABURAO MAHALE AND SRIDEVI SRIDHAR MAHALE MEMORIAL AWARD – Donated by their children.
3. GOPAL PAI MEMORIAL AWARD – Donated by his wife, Smt. Radhabai Gopal Pai.
4. DR. HARISH R. NAYAK MEMORIAL AWARDS (2) – Donated by his Mother-in-law, Smt. Radhabai Gopal Pai.
5. KAMAKSHI HARISH NAYAK MEMORIAL AWARD – Donated by her mother, Smt. Radhabai Gopal Pai.
6. CHHAYA HARISH NAYAK MEMORIAL AWARD – Donated by her Grand Mother, Smt. Radhabai Gopal Pai.
7. SHRINIVAS MANJUNATH KAMATH AND RADHABAI SHRINIVAS KAMATH MEMORIAL AWARD – Donated by their daughter, Ms. Nalini S. Kamath.
8. DR. B. M. ACHARYA MEMORIAL AWARD – Donated by his wife, Smt. Meera M. Acharya.
9. SMT. SUMATI V. PRABHU AWARD – Donated by her husband, Dr. V. R. Prabhu.
10. KUSUM R. KAMATH MEMORIAL AWARD – Donated by her husband, Shri R. L. Kamath.
11. PRABHAKAR SARVOTTAM KAMATH MEMORIAL AWARD – Donated by his wife, Smt. Poornima Kamath.
12. MOHINI N. RAO MEMORIAL AWARD – Donated by her husband, Shri K. Nagesh Rao.
13. I. M. PAI MEMORIAL AWARD – Donated by Dr. V. R. Prabhu and Smt. Sumati V. Prabhu.
14. BALAKRISHNA G. KAMATH MEMORIAL AWARDS (2) – Donated by his son, Shri Ashesh B. Kamath.
15. BALAKRISHNA G. KAMATH MEMORIAL AWARDS (2) – Donated by his daughter, Dr. Arati B. Kamath.
16. DR.(MRS.) NALINI PANDURANG PAI MEMORIAL AWARD – Donated by her husband, Dr. Pandurang M. Pai.
17. DR. PANDURANG M. PAI MEMORIAL AWARD – Donated by his son, Shri Prashant P. Pai and daughter-in-law, Smt. Vidya P. Pai.
18. SURESH PYE MEMORIAL AWARD – Donated by his wife, Dr. Arati B. Kamath.
19. GULABI R. PAI MEMORIAL AWARD – Donated by her grandchildren, Dr. Anushree & Dr. Ashok G. Pai.
20. KARKALA MEERA & VASUDEVA JOISHY MEMORIAL AWARD – Donated by their daughter, Smt. Sudha G. Pai and son-in-law, Shri K. Govindraya Pai.
21. SMT. VEENA AND SHRI MOODBIDRI NARAYAN PRABHU AWARD – Donated by their son, Shri Arvind N. Prabhu and daughter-in-law, Smt. Divya Arvind Prabhu.
22. SHRI MOODBIDRI NARAYAN PRABHU 'Platinum' AWARD – Donated by his wife, Smt. Veena N. Prabhu.
23. SMT. YAMUNABAI AND SHRI KUMBLA MANJUNATH BHAKTA MEMORIAL AWARD - Donated by their son, Shri K. R. Bhakta and daughter-in-law, Smt. Roopa R. Bhakta.
24. DR. V. M. KINI MEMORIAL AWARD – Donated by his wife, Smt. Sudha V. Kini.
25. SMT. NAILINI BHANDARKAR MEMORIAL AWARD – Donated by her husband, Shri M. Ramkrishna Bhandarkar.
26. SMT. VIMALA KINI MEMORIAL AWARD – Donated by her husband, Shri K. Narasimha Kini.
27. DAYANAND MANJUNATH BALIGA MEMORIAL AWARD – Donated by Smt. S.S. and Shri S.D. Baliga.
28. SMT. SAROJINI HEGDE MEMORIAL AWARD – Donated by her family.
29. SMT. MANORAMA R. RAO MEMORIAL AWARD - donated by her son, Dr. Rajesh R. Rao.
30. LATE KAPU SATYAVIJAY H. SHENOY MEMORIAL AWARD - donated by K. H. Shenoy & Bros. (Haricane)
31. SMT. SANJIVI AND SHRI D. K. SHENOY MEMORIAL AWARD - donated by their son, Shri Subray Damodar Shenoy.
32. SHRI PUNDALIK U. PAI MEMORIAL AWARD - donated by his family.
33. SANOOR RAMRAYA PAI MEMORIAL AWARD – donated by his son, Dayananda Pai and daughter-in-law, Smt. Vidya D. Pai.
34. ROHINI PANDURANG NAYAK MEMORIAL AWARD – donated by her daughter, Smt. Vidya D. Pai and son-in-law, Dayananda Pai.
35. SHRI MADHAV DURGADAS DHUME MEMORIAL AWARD - donated by his son Shri Pankaj M. Dhume and his daughter-in-law Smt. Asha P. Dhume.
36. SHRI SAMEER BHAT MEMORIAL AWARD, donated by his mother, Smt. Vatsala Bhat.
37. SHRI GURPUR SRINIVAS BHAT MEMORIAL AWARD, donated by his wife, Smt. Vatsala Bhat.
38. SHRI K. G. PAI MEMORIAL AWARD, donated by his children, Dr. Ashok G. Pai & Smt. Asha P. Dhume.
39. SHRI NARAYAN ACHUT PAL (KASARGOD) MEMORIAL AWARD - donated by his son Shri N. N. Pal & daughter-in-law, Smt. Padma N. Pal.
40. SMT. RADHIKA MADHAV DHUME MEMORIAL AWARD donated by her son, Shri Pankaj Dhume & daughter-in-law, Smt. Asha P. Dhume.
41. SMT. GULABI RAMARAYA PAI & SMT. ROHINI PANDURANGA NAYAK MEMORIAL AWARD - donated by their Granddaughter, Dr. Reina Pai Bender & Mr. Jason Robert Bender.
42. SMT. MANJESHWAR SULOCHANI NARAYAN KAMATH MEMORIAL AWARD - donated by her daughter, Smt. Durga Shenoy.
43. SHRI MULKI MADHAV KUDVA AND SMT. NALINI M. KUDVA MEMORIAL AWARD donated by Smt. Geeta G. Bhat, Smt. Radha S. Bhat and Smt. Devyani P. Shenoy.
44. SMT. PREMLATA & SHRI GURPUR SUBRAYA PRABHU MEMORIAL AWARD donated by their daughter, Smt. Deepa S. Prabhu.
45. CANARA HIGH SCHOOL ALUMNI AWARD, donated by Alumni of Canara High School.
46. SMT. B. SARASWATI AND SHRI B. VENKATRAMANA PAI MEMORIAL AWARD donated by Shri B. Srinivas Pai.
47. KARKALA KESHAV JOISHY & SMT. SUSHILA K. JOISHY MEMORIAL AWARD donated by Smt. Mukta and Dr. Suresh K. Joishy, California, USA.
48. SMT. MOHINI GOPALKRISHNA KINI MEMORIAL AWARD donated by her children, Smt. Suchitra Kamath, Smt. Urmila Nayak & Shri Siddharth Kini.
49. SHRI V. R. SHENOY MEMORIAL AWARD, donated by his daughter-in-law and son, Smt. Sadhana & Shri Sunil R. Shenoy.
50. SMT. VATSALA R. SHENOY MEMORIAL AWARD, donated by her daughter-in-law and son, Smt. Sadhana & Shri Sunil R. Shenoy.
51. SMT. KRISHNI VAMAN KINI MEMORIAL AWARD - Donated by her grand-daughter, Ms. Karishma Kini.
52. SHRI ANANT (UNCLE) PAI MEMORIAL AWARD, donated by Shri Satish Kini.
53. SMT. LALITA ANANT PAI MEMORIAL AWARD, instituted by G.S.B. Sabha, Mumbai.
54. DR. V. R. PRABHU MEMORIAL AWARD – Donated by his children, Smt. Sushma Shenai, Dr. Suhas V. Prabhu and Shri Jagannath V. Prabhu.
55. SHRI PUTTUR KORAGA KAMATH MEMORIAL AWARD – Donated by his daughter, Smt. Vimala J. Prabhu.
56. SHRI B.R.PRABHU MEMORIAL AWARD – Instituted by G.S.B. Sabha, Mumbai.
57. KUNDAPUR GOPALKRISHNA KAMATH MEMORIAL AWARD – Donated by Smt. Shakuntala Gopalkrishna Kamath and daughters.
58. AWARD INSTITUTED BY SMT. SAVITA AND SHRI S. N. BHAT

MERIT AWARD APPLICATION FORM

Please attach a photo-copy of your mark-list and submit this completed application form at Sabha's office by Saturday, 5th August, 2017. In case more than one form is needed, please use a photo-copy of this form.

Date :

The Programme Convenors

G.S.B. Sabha, Mumbai,

101 Shree Nidhi CHS, 76, Bhau Daji Road,
Matunga (C.R.), Mumbai – 400 019

TO BE FILLED IN BLOCK LETTERS ONLY

1. Name of the Student : _____

2. Names of students parent's :

a. Father : _____

b. Mother : _____

3. Residential Address : _____

4. Contact Details : Telephone Number : _____ Mobile Number : _____

E-mail id : _____

The communication on awards will be sent on this e-mail id only.

5. Which GSB Organization is the student or one of your parents a member of ? _____

(The student or one of his parents has to be a member of any GSB organization based in Mumbai or its suburbs. You are also welcome to submit your application form for membership to this Sabha alongwith your application. Application forms can be downloaded from our web-site www.gsbsabhamumbai.org)

6. Membership Number of the member _____

(In the absence of membership number, you can request the respective Sabha to affix their stamp in the space above, as affirmation of your membership)

7. Course of Study: _____

8. Year of Passing: _____

9. % Marks obtained: _____

10. Any outstanding achievement such as University / State / National Rank etc.

(Please enclose documentary proof)

11. a) I am a member of the GSB Community
b) I am enclosing a photo-copy of my Mark List ()
c) I certify that all information given by me is correct
d) I agree to abide by the decision of the Managing Committee as final and binding

Signature of Student



Happiness suffused the entire being, as the body stretched, the mind emptied, the eyes feasted upon the mountains beyond, the ears filled with the sound of Ma Ganga gushing, rushing to nourish the plains below, that they in turn, may nourish our bodies, the temple for the Being within. The agitated mind gets calm and peaceful by the serenity of Tapovan Kutir, situated on the banks of river Ganga. We studied and contemplated upon a small but a very deep Upanishad - Kenopanishad. It is said that Brahmavidya reveals itself only to a sincere Sadhak. This paean of gratitude stems spontaneously at the conclusion of a Vedanta camp organized @ Uttarkashi by Br. Yukta Chaitanya of Chinmaya Mission (Mahim Centre).

Sadhana Camp @ Uttarkashi (22nd to 27th April)



Eight of us had the good fortune that our life circumstances aligned to allow us to participate in this Sadhana Camp by Br. Yukta Chaitanyaji. Four GSBs, four non-GSBs; four with exposure to Vedanta and four without; four who knew each other earlier and others strangers to each other (well, excluding the sole married couple in the group) at the end of the 8-day camp, we were loath to part ways and all came up with suggestions on how to keep the relationship alive.

We first gathered at Haridwar on 21st April, where we stayed at a very well-run Ashram called Chandigarh Bhawan. Some of us set-off to watch the Ganga Aarti. After a filling dinner of different kinds of rotis (atta, makki, bajri, jowari) with gatte ki sabzi, mirchi-aloo, rice, dal, papad, pickle followed by a richly sumptuous shahi tukda, we were all ready to retire for the night.

The night was sweltering hot and the morning brought with it a welcome thunderstorm, thunder-lightning, the whole cosmic fireworks display with strong winds and rain. Only for maybe half an hour – by the time we were ready to leave, it had done its job of cooling the weather for us. After a breakfast of crisp, hot aloo parathas, we set off for Uttarkashi.



The roads were very good and well maintained. Narrow ghat-roads for the most part, which means you need to move close to the mountain side or edge of the cliff whenever there is oncoming traffic. The sights though, are food for the eyes of the soul. Blooming flowers and birds, of which none of us knew the names, tumbling waterfalls every now and then, snow clad mountain peaks with the sun limning them in gold, rocky outcrops showing the wonders of all the mineral world. We just drank in the sights. Until the hairpin bends had all of us feeling queasy. Suddenly, everyone settled down sedately in their seats and the rest of the journey was completed in silence.



We arrived to a warm welcome at Tapovan Kutir, the Chinmaya Mission Ashram in Uttarkashi. A ¼ Km walk up a 30° incline slope – easy enough for most of us, not so easy if you were lugging your own luggage or were not so fit. Our rooms were overlooking Mother Ganga, the music of her dance in our ears all the time – what more could we have asked for? The rooms were near the Kutia of Tapovan Maharaj. The Ashram itself is under the able management of Swami Devatmanandji, who



inspite of being busy with upcoming camps, still kept abreast of every one of his guests and everything that happened in the Ashram. He even found the time to plant a few marigolds and other flowering plants and water them himself!



That evening, we started our studies with Br. Yuktaji. He first drove the point of our goal of human life, then in detail in 3-4 sessions gave us the means to achieve it. Next morning we paid a visit to Kashi Vishwanath Temple. We did abhisheka for Lord

Yukta Chaitanyaji taught us the importance of spiritual sadhana and how to do them, without which our entire spiritual pursuit will become an intellectual pursuit

– **Chirag Rege,**
(Director, A-Marc
Entertainment Pvt. Ltd.)



Shiva with the Ganga water which flows just 25 meters away from the temple.

Over the next five days, we did it all - **an introduction to basics of Vedanta**, our goal and how to reach it; **On a Quest - a movie** on Gurudev Swami Chinmayananda; **The Logic of Spirituality** - Pujya Gurudev Swami Chinmayanandaji giving a birds-eye view of vedanta;

Kenopanishad in just 5 sessions; Introduction to meditation and some few short attempts at achieving it; **participating in a Bhandara** and understanding some of the protocols involved in it. Many of the Sanyasis who participated were very well educated, some ex-engineers, an ex-theoretical physicist, etc. Highly qualified people who were driven to seek THAT which Science cannot explain.



We all are eagerly looking forward to our next camp with Br. Yukta Chaitanya.

- compiled by **Ajita Kini**



Pravachan on Devi Mahatme and Geeta Amrit Dhara

By

Shrimad Bhagavatha Pravachana Samartha

SMT. BHAVANA PRABHU

Time : 6 p.m. to 8 p.m.

Date : 6th to 8th October 2017
(Friday to Sunday)

Venue : Dwarkanath Bhavan, Shree Ram Mandir, Katrak Road, Wadala, Mumbai- 400 031

All are invited for the divine experience of Pravachana

The Mahila Shakha solicits support from sevadars for the above programme.

Sevadar Amount is Rs. 1000/- per day

IN MEMORIAM



Kasaragod Venkatesh Bhat
1917 - 4.9.1968

*As kids, we called him the "bestest" Dad in the world.
Today, in his Birth Centenary year, as senior citizens, we say the same.
Fondly remembered and deeply missed by his children:*

Niranjan, Pushpa and Usha

Email: nvbhat@iitbombay.org

GSB TALENTS TO WATCH

ANUJ NAYAK (Actor)

Anuj Nayak is a young 27 year old GSB lad and a budding Movie and TV actor, well known for his portrayal as Inspector in the popular TV programme, Crime Patrol on Sony TV.

He has worked with Yash Raj in their movies Mardaani with Rani Mukherjee as a cop in her CBI team and in Gunday as Shomu with Ranveer Singh and Arjun Kapoor's gang of four.

He has worked in Lehar Entertainments Marathi film "Olakh" as a negative cop. He is playing character of Shailesh (Shailu) in 'Krishnaben Khakhrawala' on Sony TV.

He has worked in Milan Luthria's 'Hattrick' as second lead to Nana Patekar & Danny in their story, out of the three stories.

He has also worked in the yet to be released 'Carry on Pandu' with Ranvir Sheorey & Anupam Kher, directed by Chandrakant Kulkarni. He has also worked with Rajat Kapur in 'Mixed Doubles' & 'Bheja Fry'.

He has done several advertisements for Knockout beer and soda in Marathi with Shreyas Talpade and in Kannada with Sudeep. He has also acted for Garnier facewash with Deepika Padukone, for "Big Bazaar", for the inaugural IBL series, and for Tatamagic.



Anuj Nayak

SONAL SHIVKUMAR (Vocalist)

Hailing from Goa, Sonal Shivkumar nee Kakode did her schooling and college education in Mumbai while pursuing vocal training in Hindustani Raag Sangeet from the renowned Guru Smt. Manik Bhide. She was initially trained in Hindustani music by Pt. Prabhakar Karekar for more than 12 years and also has been receiving guidance in light music from Shri. Ajit Kadkade. Although primarily trained in the Classical genre, Sonal presents Thumri - Darda, Religious and Marathi Folk music too with élan. Sonal has performed widely through prominent music festivals and concerts organized in different cities of India including the Surashri Kesarbai Kerkar Samaroh in Goa and Baba Harivallabh Sangeet Mahasabha-Jalandhar, to name a few. Having won several trophies at the inter collegiate level, she has also bagged prizes through several competitions, even on a national level. Noteworthy among her accolades is the prestigious Dr. Mallikarjun Mansur Yuva Puraskar 2013 conferred on her by the Govt. of Karnataka. Her mellifluous voice coupled with her dedicated training and riyaz will help her scale new heights on a global platform which is one of the objectives in her career as a performer.



SONAL SHIVKUMAR

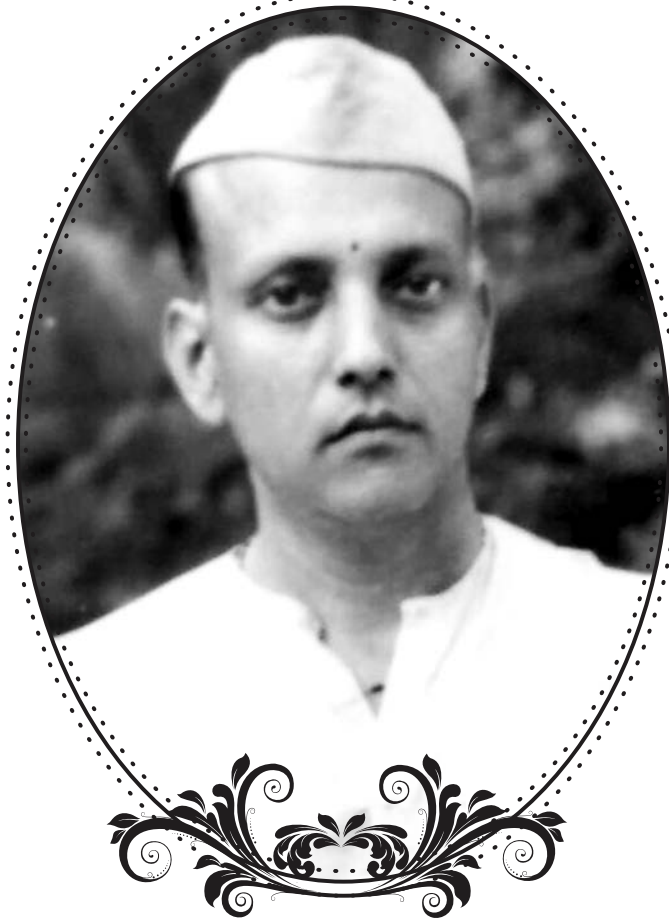
RAGHUNANDAN BHAT (Vocalist, Composer)

Raghunandan Bhat is a young vocalist trained in Hindustani Raag Sangeet. Starting his musical journey at the age of 9 under the tutelage of Pt. Ramarao Nayak of Goa, he continued to learn from Shri Ananth Bhagwath. For the past 10 years, he is learning Hindustani classical vocal under the guidance of Pt. Shripad Hegde. His style of singing is a fine blend of the Kirana and Gwalior gharanas. Apart from his pursuit in Hindustani Sangeet, he is also proficient in singing Marathi Abhang, Daasarapada and Bhaavageet. Raghunandan Bhat holds a masters degree in Microbiology. He has been awarded the National Scholarship in Hindustani vocal music by the Ministry of Culture (Govt. of India), in the year 2010. He is a recipient of Naad Kishora award (Naada Brahma Sangeetha Sabha, Mysore), Young Talent award (GSB Association, Mumbai), Bhajan Bhooshan (Chennai Association) and Bhakthidhaara (Chennai GSB Mandali). Raghunandan's performances are regularly featured on All India Radio and he has performed in many prestigious concerts which have been greatly appreciated by music lovers, far and wide. Having composed music for some of his commercially recorded albums, Raghunandan's dedication and persistent efforts in his career as a musician, will certainly take him to greater heights in the years to come.



RAGHUNANDAN BHAT

IN THE FOND MEMORY OF



LATE PANGALA KRISHNARAYA D. SHENOY BIRTH CENTENARY YEAR

Born : 7th MAY 1918

Died : 23rd MAY 1999

Fondly remembered by :

Sons: Prabhakar, Devdas, Vishwanath

Daughter : Asha Purushotham Prabhu

Daughter-in-Laws : Jayanti, Sumitra, Asha

Son-in-Law : Purushotham G. Prabhu

Grand Sons : Santosh, Sandesh, Jayesh, Dilip, Deepak

Grand Daughters : Sandhya, Ashwini

Grand Daughter-in-Laws : Shanteri, Sheetal

Grand Son-in-Law : Haridas Pai

Great Grand Children : Shrinidhi, Lakshmeesh, Akshay.

CURIOUS ANANT : FRANCE

This column is dedicated to Mr. Ananth Pai Creator of Amar Chitra Katha. Uncle Pai had a profound influence on my childhood through his informative yet interesting books Amar Chitra Katha and Tinkle. He taught me to fall in love with reading and made me realise how words can have a magical influence when weaved into a story.

By **Tanushree Shenoy**
tanushreerao@gmail.com



7-year-old Anant was playing at home when he heard his mother's voice.

"Anant, do not create a mess with your toys in the living room, we are expecting some guests today," said Sudha, his mother.

"Amma, guests?" he exclaimed. "Yes, my school friend, Vidya aunty is coming home. She has come to India on a vacation," she replied.

The doorbell rang. Sudha opened the door to a beaming Vidya. Both the ladies looked visibly happy to meet each other.

"Hello Anant. Do you remember me?" asked Vidya.

"No" replied Anant straight faced. His honest yet innocent answer brought a smile on Vidya's face. "Vidya, please make yourself comfortable. I will be back in few minutes," said Sudha.

"You were just six-month-old, when we last met. You have all grown up now," remarked Vidya trying to strike a conversation with little Anant.

"Aunty where do you stay?" enquired Anant. "I stay in Lyon, France," she responded.

"Is France in Paris?" he quizzed innocently.

Vidya chuckled, "Paris is a city, France is a country. Paris is the capital of France. I stay in another city of France, Lyon,"

"Aunty, I want to know more about France,"

"Be my guest little one. I will tell you all," Vidya said.

"Aunty, I know France is in Europe and lies to the west of Asia,"

"Wow! You already know a lot for a boy of your age," she smiled encouragingly.

"France is part of western Europe. France is known as a country with six sides because it has three coasts and three borders. It is framed by the Mediterranean Sea and the Atlantic Ocean. The neighbors of France are Belgium, Switzerland, Spain, Germany Italy and Monaco. People of France are known as French. The main language is French about 88 percent of the spoken language. There are many other dialects and languages spoken in France," she pointed out.

"Anant, do you know which language is spoken the most in Europe?" Vidya tested

"Why that's easy. Its English!!!" answered Anant.

"You will be surprised English is third on this list. First 'most spoken mother tongue' in Europe is German, second is French," she informed.

"France is the most visited countries by tourists and is the most popular tourist destination in the world. Have you heard about Eiffel tower?" she asked showing him a picture of Eiffel tower on her iphone.

"Yes, I have seen this picture in the newspaper. What exactly is this aunty?" he asked.

"It is a wrought iron structure and has been named after its engineer Gustav Eiffel. It was constructed in 1887-1889 as an entrance to the World's Fair. It is the most visited paid monument in the world," she said.

"It is 1050 ft in height and was the world's tallest structure for 41 years till other taller structures were constructed in the world. The French name for Eiffel Tower is 'La Tour Eiffel'," She stated.

Vidya told Anant that the Eiffel tower is in Paris which is the largest city in France and is home to another popular tourist destination, the Louvre Museum, world's largest museum which is home to the famous painting 'Mona Lisa'.

Meanwhile, Sudha entered the living room with a tray full of snacks and drinks.

"Vidya, I hope you are enjoying the Q&A session with my son," grinned Sudha.

"Oh! of course. Your little one is very inquisitive," she responded with an encouraging smile towards Anant.



"Aunty, tell me more about the food and culture of the French," he requested.

"Did you know Cuisine means 'cooking'? it is a French word! French cuisine is famous for the sheer variety of cheese, pastry preparations, savoury



baked items, wines etc. French have elevated their food into an art form,” she said. Vidya explained that there are many French preparations, which are famous around the world such as the yummy French fries which are deep fried potato strips, croissants and baguettes, wafer thin preparations which resemble Indian dosas known as crêpe.

“These crêpes can be filled with chocolate and whipped cream or with savoury stuffing of either mushrooms or meat. French onion soup is also very popular,” She informed.

“The French are very particular about their wine made by fermenting grapes. Each type of wine derives its name from the region where the grapes are grown such as Bordeaux, Champagne etc.” elaborated Vidya.

“So Vidya, these wines are named after regions in France, is it?” asked an attentive Sudha. She too had begun to find the conversation interesting.

“Oh yes! Champagne is a region of France and is known for its sparkling wine. Sparkling wine produced anywhere else cannot be branded as Champagne as the brand name with respect to wines is a ‘Protected Designation of Origin’ by the European Union. Burgundy (Bourgogne) and Cognac are other such wines named after regions.

“Anant, have you heard of Macarons?”

“Yes aunty, I buy them whenever we go to the pastry shop at the mall,” he said.



“Well, did you know that cream filled macaron is a French sweetmeat and is very popular across the world. Although the French love their macarons, cheese and pastries they are also very particular about fitness and health. They prefer to walk and use cycles rather than cars, they never binge eat and are careful about the quality of ingredients and the method of cooking. They believe food is not something to be conquered but something to be celebrated”.

“Sudha, you are aware that Paris is known as the fashion capital of the world, but did you know that many of the luxury brands are also French?” quizzed Vidya. Sudha was all ears now.

“Yves Saint Laurent (clothes, perfume and cosmetics), Chanel (clothes, perfume and cosmetics), L’Oreal, Cartier, Louis Vuitton, Hermès (luggage and handbags), Dior (clothes, perfume, cosmetics and handbags), Lancôme (perfume and cosmetics), Givenchy (skincare), Christian Louboutin (footwear) etc are all French in origin”. She said.

“Tell us something about French culture. I have heard the French take etiquette very seriously,”.

“Ah! Yes Sudha, the French are very particular about etiquette. In general, when people meet each other they greet with a handshake or with a peck on both cheeks called as ‘faire la bise’ but this is only done when both are close friends or relatives,” Vidya says.

She adds that the verbal greetings always carry a prefix to the name either Madame for a lady, Mademoiselle for a girl unmarried woman or Monsieur or a man. In public places, one does not smile at strangers, she reveals.

“When entering smaller stores it is customary for the buyer to greet the shopkeeper who in turn helps the buyer around his shop. Coming back to food which is an integral part of French culture, meals are eaten in succession courses. A typical family meal at home comprises of soup, followed by vegetables, meat dish, then salad, cheese and finally dessert”. She explains.

“All the talk about food has surely made me hungry. Sudha, what have you cooked for lunch? your friend here is very hungry,” grinned Vidya.

“After all that French talk, it is an authentic GSB menu. Rice, Chanyaa Gassi, Papodu, Oddi, and Cauliflower bajjo,” smiled Sudha.

“Wow, I can’t wait!” “Oh Amma, I want macarons for lunch and dinner,” protested Anant.

“Your wish shall be granted!” exclaimed Vidya as she took out a big box of colourful macarons from the famous French patisserie Ladurée.

“Anant, have your lunch and then open the box please” said Sudha exasperated, as she knew those instructions would have no effect on Anant.

“Vidya, teach me some commonly used phrases in French” requested Sudha.

“Sure”

ENGLISH	FRENCH	PRONUNCIATION
How are you	Comment allez vous	Kom-mohn tah-lay voo
I am fine	Je vias bien	Zh ve biyaan
Good day/Hello/Good morning	Bonjour	Bohn-zhoor
Thankyou	Merci	Mehr-see
Thank you very much	Merci beaucoup	Mehr-see bcoo
Yes	Oui	Whii
No	Non	Nohn
Please	S’il vous plaît	See voo play
My name is Sudha	Je m’appelle Sudha	Zhuh mah-pehl
I don’t understand	Je ne comprends pas	Jhuhn kom-prohn pah
Do you speak English?	Parlez-vous anglais?	Pahr-lay voo ahn-leh
Do you have.....	Avez-vous.....	Ah-way voo
OK	D’accord	Dah-core
Excuse me	Excusez-moi	Ehk-kew-zay mwah
I love you	Je t’aime	Zhuh-tehm
Good bye	Au revoir	Oh-reh-vwar

“Now you will have no problem when you visit me in France” smiled Vidya.

“Merci Madame” replied Sudha as laughter filled the dining table.

OUR ACHIEVERS

DEVIKA BHAGIRATH SHANBHAG

Daughter of Bhagirath & Deepa Shanbhag

Achievements :

- 1st Rank Champion prize holder (winning team) at Smart India Hackathon 2017 for the project “DiWAM”-Digital WQM (Water Quality Management), Assessment and monitoring. This team of third year engineering students from K. J. Somiya College of Engineering, led by Devika, won the first prize at the national level fiddle - with - tech program held at Bhubaneswar on 1st - 2nd April, 2017. The team designed a kit which tests water on different parameters and tells the end user whether the water is potable or not.



The project is going further to the PM’s office soon. The group is working further to make the model a little bigger under the leadership of Devika. A Singapore based company has opted to fund their project.

- Head Volunteer at U&I NGO, a volunteer driven organization in India that aims at educating the under privileged.
- Nominated as “Aspiring Leader of the Year” at VIP 2016, All-India Leadership Conference, Bangalore

Also since the past 2 years, teaching English (mainly) every weekend and conducting activities for the under privileged kids at Maranatha Orphanage, Chembur.

LT. KRISHNA SHENOY

Lt. Krishna Shenoy was born on 3rd August 1993 to Mrs and Mr. B. G. Shenoy. He was commissioned on 12th March 2016 into one of the finest regiments of the Indian Army through the Officers Training Academy, Chennai.

His patriotism and focus enabled him to appear for and clear the Combined Defence Services Examination in his final year of graduation which was followed by the SSB and the medical examination also cleared in the same attempt. His primary motivation was the NSG Commando action during the 26/11 terror attacks.

Lt Shenoy is an athlete and footballer right from his school days. He has won many laurels at the state and district level for athletics.

He completed his 10th standard from Ryan International School, Sanpada and thereafter was in New Horizon Public School, Airoli for further classes. He is a graduate from Vivekanand Education Society, Chembur with a Bachelors in Mass Media. Lt. Shenoy is a bright, motivated and energetic young man with a glorious service ahead of him.

We salute him and wish him all the best for the future.



Lt. Krishna Gopinath Shenoy

DR. VEENA ADIGE

Smt Veena Adige, wife of Mohandas Shenoy Adige and daughter of late Smt. Sushila Mallya was awarded the Ph.D degree at a glittering ceremony on Saturday, June 3, 2017. The Zoroastrian College, which awarded the degree, held the program at the Russian Centre for Science and Culture on Peddar Road, Mumbai.

Veena Adige was awarded the degree by the Director of the Russian Centre for Science & Culture, and the wife of Dy. Consul General of Russian Federation in

Mumbai, Madame Elena Sergey Kotlyar, in the presence of H. E. Mr. Masood Ebrahimi Khaleghi, Consul General of Islamic Republic of Iran and H. E., the Consul General of Hungary, Dr. Norbert Revai-Bere, Dame Dr Prof Meher Master-Moos, president of Zoroastrian College and other distinguished persons.

Dr. Veena Adige was awarded the degree for her research and book titled ‘The Legacy of Baba Amte’. Present on the occasion were her husband, Mohandas Shenoy Adige, son Deepak, daughter in law, Srikala, grandson, Arjun, and daughter, Priya. Mr. Suresh Prabhu, Smt Vidya Prabhu, Dr. S Giri Bhat, Shri VS Bhat from the GSB community and many others were present on the occasion.



EXCLUSIVE WINTER PACKAGES 2017 - 18

VIETNAM - CAMBODIA - BALI - 12DAYS



14 SEPT, 02 Nov, Feb, March
Honai, Holang Bay, Ho chi Minh, Angkor Wat, Kintamani, Batur Volcano, Uluwatu

*Including Airfare **₹1,54,650/-**
+ GST

FAR EAST FANTASY 11DAYS



26 July, 01 Nov, Feb, Mar
Singapore, Genting Highland, Kuala Lumpur, Bangkok, Pattaya

*Including Airfare **₹1,18,650/-**
+ GST

SERENE SRILANKA 08DAYS



26 Oct, 23 Dec, Feb
Kandy, Sigiriya, Dambulla, Nuwara- Eliya, Bentota & Colombo, Anuradhapura

*Including Airfare **₹75,700/-**
+ GST

DUBAI - ABUDHABI 6DAYS



26 Oct, 18 Jan, 18 Feb
Dessert Safari, Dhow Cruise, Ferari World, Dubai City tour, Abu Dhabi,

*Including Airfare **₹72,390/-**
+ GST

AMAZING AUSTRALIA - NEW ZEALAND TOUR 16DAYS



20 th Feb 2018
Sydney, Melbourne, Cairns, Gold Coast, Ratorua, Auckland, Queen stown, Christchurch

*Including Airfare **₹3,38,700/-**
+ GST

EXCITING ANDAMAN ISLANDS TOUR



06 Nov, Feb
Port Blair, Ross island, Havelock island, Baratang & Chidiyatapu

*Including Airfare **₹52,950/-**
+ GST

MEJESTIC NEPAL TOUR 9DAYS



08 Nov, 08 Dec, Mar
Pashupatinath, Bhaktapur, Pokhara, Chitwan

*Including Airfare **₹54,840/-**
+ GST

BHUTAN SIKKIM DARJEELING 13DAYS



02 Oct, 11 Nov, March
Phuenstoling, Thimpu, Paro, Punakha, Gangtok, Darjeeling,

*Including Airfare **₹63,750/-**
+ GST

ASAM - ARUNACHAL- MEGHALAY TOUR 11DAYS



02 Oct, 11 Nov
Guwahati, Bombdilla, Tawang, Kaziranga, Shillong, Cheerapunjee

*Including Airfare **₹64,650/-**
+ GST

SCENIC KERALA KANYAKUMARI 9DAYS



28 Oct, 23 Dec, 15 Jan
Guruvayur, Cochin, Kumarkom, Trivendrum, Kanyakumari, Periyar, Munnar

*Including Airfare **₹52,770/-**
+ GST

ROYAL RAJASTHAN TOUR 14 DAYS



23 Oct, 16 Dec, Jan
Jaipur, Ajmer, Pushkar, Bikaner, Jaisalmer, Jodhpur, Mount abu, Udaipur, Chittorgarh, Ranthambhore

*Including Airfare **₹52,770/-**
+ GST

COMPLETE MADHYA PRADESH TOUR 14DAYS



24 Nov, March
Khajuraho, Jabalpur, Kanha, Panchmarhi, Sanchi, Bhopal, Indore, Mandu, Ujjain Omkareshwar, Ujjain

*Including Airfare **₹48,900/-**
+ GST

HIMACHAL PRADESH TOUR 12 DAYS



Nov, March, April, May
Chandigarh, Rock Garden, Shimla, Kullu, Manali, Rohtang Pass, Dharamshala, Dalhousie, Khajjar, Amritsar

*Including Airfare **₹48,900/-**
+ GST

NAINITAL KAUSANI CORBETT 8 DAYS



Nov, March, April, May
Nainital, Bhimtal, Sattal, Ranikhet, Kausani, Corbett

*Including Airfare **₹39,800/-**
+ GST

COASTAL KARNATAKA & COORG (11 DAYS)



18 August 18, 18 Sept, 20 Nov & ,10Dec
Udupi, Kollur, Murdeshwar, Gokarn, Sirsi, Jog Falls, Shringeri, Hornad, Belur, Halebid, Dharmastal, Subramanaya & Madikeri (coorg)

*Including Airfare **₹22890/-**
+ GST

CHARDHAM YATRA 14DAYS



07 Sept, 20 Sept,
Haridwar, Rishikesh, Yamunotri, Gangotri, Kedarnath, Badrinath

*Including Airfare **₹32,000/-**
+ GST

KASHI - GAYA - PRAYAG YATRA 9DAYS



10 Sept, 21 Nov, Jan, Feb, Mar
Chitrakoot, Prayag, Ayodhya, Kashi, Gaya, Bodhgaya, Sarnath,

*Including Airfare **₹21,000/-**
+ GST

DWARKA - SOMNATH AHMEDABAD - GIR TOUR 9DAYS



04 Aug, 05 Oct, 16 Dec, Jan
Dwarka, Somnath, Ahmedabad, Junagad, Sasangir, Porbander, Diu

*Including Airfare **₹23,880/-**
+ GST

HYDERABAD - SRISAILAM - TIRUPATI 11 DAYS



Hyderabad, Ramoji Film City, Srisailam, Mantralayam, Mahanandi, Tirupati

*Including Airfare **₹23,880/-**
+ GST

AMRITSAR - VAISHNODEVI - PATNITOP 8DAYS



Every Month 2nd Saturday from August
Golden temple, Jalianwala Bagh, Wagha Border, Vaishnodevi temple, Patnitop

*Including Airfare **₹16,770/-**
+ GST

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- Entrance Charges as mentioned in the itinerary
- Services of our Tour Manager

“From the Archives of Vog 2007-08”

These are excerpts from articles printed in 2007-2008 issues of VoG. For full articles, visit our website

Joy Of Sharing

by Shri H. R. Shenoy (Oct. to Dec. 2007)

It was Jiddu Krishnamurthi who observed that behind every philanthropic act is a selfish motive. That motive is to derive satisfaction. I have checked the veracity of this observation over the years and found it to be accurate. The satisfaction that I derived that day by doing that very small act of generosity still lingers in my mind and will be with me till the last.

Mangalore Days

by Smt. Prema Kuloor (Oct. to Dec. 2007)

Life in those days, specially in a joint family, was a far cry from the present day life in the nuclear family. Indeed, those were hard days. Cooking gas and piped water was unheard of. Electrical gadgets like refrigerators, ovens, boilers and heaters still had not made their advent nor ready to eat breakfast cereals and fast foods. Water for cooking bathing and washing had to be hand drawn from deep wells; a difficult task indeed, when in summer, the level of water would go down. Food had to be cooked on firewood and I maintain that it tasted much, much better than the stuff we eat today.

American Desi

by Mahima P. Dhume (Oct. to Dec. 2007)

I have been asked on countless occasions where I prefer to live. When I answer that I enjoy both and I really can't pick, everyone tells me not to be so diplomatic. But the truth is this: they each have their advantages and disadvantages and both places have their own charm. Living in the U.S has made me more independent and given me self-confidence. Living in India has brought me closer to my extended family and given me excellent values. Moving between the two has made me a stronger person and given me the best of both the worlds.

Are metered services reliable?

by Dr. M. S. Kamath (Oct. to Dec. 2007)

Many of the services taken by consumers involve 'metering' of the services used and payment of bills thereafter, common examples of which are telephone bills and electricity. The entire service works on the principles of good faith, where the consumer believes that the meter will run properly and the bill will be commensurate to the services used by him, whereas the service provider believes that the consumer will not tamper with the meter and pay his dues in time.

Unfortunately, not all the services run perfectly as per this plan as consumers have found to their woe.

Re-Discovering My Roots Through VoG

by Smt. P. Ajitha Nayak (Apr. to Jun. 2008)

I, myself, have been most impressed with the interesting and informative articles, not to speak of the quality of the paper and the photographs printed. Every subsequent issue seems to be better than the previous one ! Members seem to be vying with each other to send in write-ups to "their very own news platform". I notice that these articles have covered all aspects of the lives of the GSBs.

Temple of Ugra Narasimha of Mulky

by Shri Vasantha Nayak Palimarkar (Apr. to Jun. 2008)

Mulky people installed the Idols in the existing Vittala Mutt in the year 1537 AD and the temple was renamed as *Sri Venkatramana Temple*. So Mulky Volalanka rose to fame by the blessing of Vittala and Venkatramana and became as famous as Pandharpur and Tirupati.

Good Samaritan Brotherhood International

by Shri V. N. Kamath (Apr. to Jun. 2008)

Karl Marx has averred that "Religion is the opium of people" inclined thereby that it binds the people to other realities. However, at present, even in the late Twentieth century, it cannot be denied that Religion is a great binding force. A call in the name of religious duty evokes spontaneous response in different ways like manpower, finance, other facilities etc.

My Sadguru, Rama Devi of Mangalore

by Shri Anant N. Pai (Apr. to Jun. 2008)

Rama became known as the Divine Mother and Sadguru Rama Devi. As Sadguru role model, her protective intervention in lives of the devotees was an inevitable consequence. In sheer compassion, the Mother intervened in their illnesses, saved them from the jaws of death and as consequences, bore the brunt of their karmic effects on her own person like a blotting paper absorbing ink. This certainly had a toll on her own health.

Consumer Awareness on Edible Oils

by Dr. S. G. Bhat (Apr. to Jun. 2008)

In India, one can consume "Virgin CNO" by eating coconut chutney made from flesh of the fruit, ground along with chillies, coriander leaves with little fried mustard seeds added, which is generally consumed along with Idlis, Wadas, Bhajiyas etc. This is a traditional item in South India for centuries. This might have helped to reduce heart problems in South India. Even if one consumes 10-15 gms of fresh coconut kernel in any form, instead of coconut chutney, one can get virgin CNO benefits as also proteins present in kernel which is healthy. CNO is a good medium for frying food products.

Thank A Teacher

by Smt. Veena N. Prabhu (Oct. to Dec. 2007)

With many fond memories, I still love to **play and rewind** the incidents when Madam Pinto, would assign work to me, which she would normally tell the senior girls. It used to be a great high when she would summon for me. She was happy with my progress and I was in the seventh heaven to be her PINK eyed girl. This was the year 1954 and the place is Mulki. March 1957, I completed my matriculation, then the 11th standard, with flying colours and prideful satisfaction of my Teachers. A BIG THANKS to (Late) Ms. Alice Pinto and Smt. Sushila Shenoy.

Navaratna

by Smt. Sangeeta S. Shenoy (Jan. to Mar. 2008)

Historically, NAVARATNAS, the 'nine gems' is a term applied to a group of nine extraordinary people, especially in the court of King Vikramaditya and King Akbar. Coming to the present, I was presented with an intangible, but deeply heartfelt joy and of course a "QUEENDOM". I wish to share my experience with all. Please may I??

On 12th December, 2007, GSB Sabha Mahila Shakha (GSBSMS) had organised a Haldi Kum Kum to celebrate their golden jubilee. It was my pleasure and fortune to attend this function.

Young Achievers

Rohit Kamat (Jan. to Mar. 2008)

Out of an original field of more than 79,000 middle school students across the United States, 40 finalists were chosen to compete in the 9th Annual Discovery Channel Young Scientist Challenge (DCYSC) held from October 21-23, 2007 at Washington DC. The DCYSC is USA's premier science contest for students in grades 5-8. At this competition, 13 year old Rohit Kamat of San Antonio, TX won the "Discovery Commerce Dream Big Award", comprising of a \$1000 gift card to Discoverystore.com, the complete award winning Planet Earth 5 DVD gift set and companion book. He also won a scholarship and has a minor planet named after him.

Subichaar

by Smt. Shyamala Kulkarni (Jan. to Mar. 2008)

Never think BAD of others. It is just like hitting a ball at the wall. The ball returns back to you. Likewise, the ill-thoughts too boomerang on you. Only Good thoughts benefit you. Think well of all. Confluence of High (Elevated, Uchha) and Saatvik Thoughts, Pure and Religious Actions and Words full of Love and without malice, results in a strong and effective Triveni Sangam. One who has these qualities is the rightful person to be ONE with GOD.

Magic Of Needles

by Dr. S. G. Shanbhag (Apr. to Jun. 2008)

Yin & Yang Theory.

The universe is governed by two forces: **positive** force *Yang*, **negative** force *Yin*. The balance between the two is the health of life. Acupuncture balances the forces and maintains health.

Reiki Natural Healing

by Shri H. R. Shenoy (Jan. to Mar. 2008)

I have been able to touch the lives of a few more people like this and their goodwill is working for me and my family very well. As a practitioner of Reiki, I am experiencing a generally peaceful feeling, despite advancing age and environment which is not always conducive to such an existence.

Remembering Shri Hari Vishnu Kamath a Great Son of India

by Koteswar Pandurang P. Kamath (Jan. to Mar. 2008)

Shri Kamath was a devoted follower of Netaji and joined the Forward Block founded by Subhash Chandra Bose. He was twice imprisoned for participating in the individual satyagraha launched by Mahatma Gandhi in 1941 and again for taking part in the Quit India Movement of 1942. On the second occasion, he was incarcerated for three years.

Sages n Spiritual Saga

Great G.S.B. Devotee : BHAKTA PURANDHARDAS

by Shri N. G. Pai (Jan. to Mar. 2008)

GOD, in disguise of the brahmin, took the Nose-Ring, studded with costly diamonds to Srinivas and asked for some money, pawning the jewel. Srinivas Nayak was aghast! The jewel looked like the one belonging to his wife. Srinivas called the brahmin the next day as he had to ascertain the price.

Letter Received

(Jan. to Mar. 2008)



Dr. Sushila Rani Patel

M.A., L.T., LL.M.

Musician

3rd

"GIRNAR"
PALI HILL, BANDRA,
MUMBAI - 400 050.
Tel. No.: 2648 3414
Mobile : 9822693898

26-10-07

Dear Satish, Uday and Bhat (Vidya)

Yesterday I received your quarterly letter of the G.S.B. Sabha, Mumbai, titled "Voice of GSB." (sponsored by 9nMan Corporation) All of you have done a good

job. It is well printed on art paper with many interesting and beautiful photographs and readable articles. The one which attracted my immediate attention was that of Vitthal & Rukhmi.

Please accept my heartiest congratulations on this achievement. Wishing good luck and success

in your new endeavour,

With regards,

Smt. Sushila Rani Patel,
G.S.B. Sabha & Voice of GSB,
101, Shreevishu, opp Bank of Baroda,
76, Bhanduji Road,
Malabar, (C.R.)
Mumbai 400019

Yours sincerely,

Sushila Rani Patel

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MUSICAL INSTRUMENTS OF INDIA SERIES: 1- THE INDIAN HARMONIUM

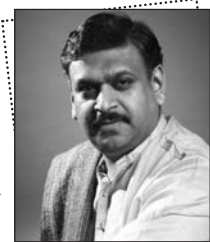
I feel excited to be starting this series throwing light on the different musical instruments that exist today in India, which not only depict the diverse musical traditions of the rich musical heritage that we boast of, but are also inseparable from the Indian ethos, some originating here, some voyaging through distant lands, some of these dating back to times unknown. Our cultural milieu has been greatly influenced by their existence, although we really don't know much about their history or evolution and the cultural exchanges that these instruments have been instrumental in bringing about, travelling through different civilizations, shaping themselves in different forms and carrying this essence with them, through their sound journey.

It thrills me to be starting this series with the Harmonium, an instrument very dear to my heart and also prominently used in almost all the different genres of music that exist in the Indian subcontinent, so much so that it is used to represent our nation in many of the designs representing our culture. The Harmonium may be called a layman's instrument, having "indianised" nomenclatures like 'Baajaa', 'Peti', or 'Harmunia' for some, to the more modern 'Sanvadini' in recent times. I am equally amused to be having the Harmonium start this series of depicting Indian instruments, because many of you may be surprised to know that the Harmonium, in comparison to other Indian instruments, is modern, having its roots in Europe, where most of the keyboard instruments were born. Created by Alexander Francois De Bain, a musician and craftsman from France, who patented it in 1840, it was not before the latter half of the 19th century that this melodious reed instrument came to India. Which is why I call it "an indianised instrument".

The advent of the French Harmonium into India through the missionaries saw it gain popularity due to the ease in playing the instrument, first being introduced to musical forms like Keertans and theatre for Parsee and Marathi musicals. The foot-pedaled Reed Organ which was a predecessor of the Harmonium first gained popularity due to its sonorous and voluminous quality which would allow the actor-singer on stage to hear the instrument clearly while projecting his voice so to be clearly audible to the audience seated in the last row in the theatre. It is to be noted that amplification techniques had not been developed then, creating several challenges to the singers and musicians. Eventually, a musician playing the drone on a foot-pedaled Harmonium kept in the wings of the stage, in addition to the reed organ, to make the 'Sur' audible to the singers, became part of the musical theatre setting.

Gradually, the Harmonium started establishing itself and many musicians contemplated of using the instrument in Raag Sangeet, more popularly known as Indian classical music.

by Shri Sudhir Nayak



Today we see it as a staple in the Hindustani genre, but the journey till its present status was quite confronting. The bellows of the Harmonium were usually foot-pedaled in those days due to its usage in Western music which applies the principle of Harmony. Hence, the player was required to use both hands to play chords with one hand while playing the melody with the other. While playing for Indian music which followed the linear melodic progression, the player could play the keyboard with one hand while his other hand could be used to push the bellows, which is why hand-pumped Harmoniums were designed in France acceding to requests from Dworkin Co., Calcutta and T. S. Ramchunder Bros., Bombay, who were



leading dealers of the imported Harmoniums. Both Calcutta and Bombay were major Colonial provinces then, which is why the Harmonium found its way predominantly to these cities. Although De Bain had made hand held Harmoniums, it was the response to the increasing demand from Indian musicians that it was modified into the instrument that we commonly see today. Another reason for using the hand-held Harmoniums was due to the seating arrangement of Indian musicians in the Baithak style,

which required all musicians to sit on an even platform. The use of tables and chairs in Indian homes was also not common in that era. Hence the foot-pedaled table-type Harmonium was found cumbersome for the Indian concert scenario which is why it was replaced by the hand-pumped model.

By the early 20th century, however, the nationalist movement had started gaining momentum where it was sought to portray India as distinctly different from the west, thus seeing the Harmonium as a redundant foreigner. This was followed by constant contentions by the traditional and purists who brought forth the technical limitations of the Harmonium in the Indian music context. The inability of the instrument in articulating subtle inflections like the Meend (Glide), Gamak or Andolan (Oscillation), or Ghaseet (Slides), apart from its constraints in producing Shrutis or delicate intonations between notes which are tenets of Indian raga music, were highlighted, finally resulting in a ban on the use of the Harmonium on All India Radio, from the year 1940 to 1971. You will be astounded to know that this ban continues till date, for playing Solo Harmonium. The ban was later lifted for using it as an

accompanying instrument due to the increasing popularity of the instrument and constant demand from the musicians due to its various merits over its demerits. Another reason for opting to use the Harmonium was the decrease in musicians playing the Sarangi, which was widely used before the Harmonium entered India, especially as an accompanying instrument to vocal music.

Since 1901, Harmonium reeds started being manufactured in Gujarat, especially Palitana. After the World War, the manufacture of Harmoniums in India increased greatly and the companies in Europe gradually shut down. Standing the test of time, the Harmonium today, is the most widely used instrument in Indian music, whether it is Khayal, Thumri - Dadra, Bhajan, Keertan, Shabad, Ghazal, Quawwali or Film music among other popular genres. Its acceptance in the Indian subcontinent has given it a corner in Indian homes, making India the largest manufacturer of Harmoniums. This instrument which was once imported is widely exported today, to other parts of the world. The contribution of musicians and master craftsmen who enhanced the qualities of this instrument, crafting and modifying it to suit Indian

standards, is not to be forgotten. Eminent musicians like Bhaiyya Ganpatrao, Bhachubhai Bhandare, Govindrao Tembe, Vitthalrao Korgaonkar, Hanmantrao Walvekar, Mantu Banerjee, Bashir Khan, Gundopant Walawalkar, P. Madhukar, Bhishmadev Vedi, Manohar Chimote, Rambhau Bijapur, Vasant Kankapur, Govindrao Patwardhan, Tulsidas Borkar among others have dedicated their lives to popularise the Harmonium on the concert platform as a solo instrument. Dr. G. B. Achrekar, Dr. Vidyadhar Oke and a few others have researched in modifying the intonations in the Harmonium. Due to the continuous efforts of these virtuosos in passing on their skills to the succeeding generations, we see many young musicians today pursuing their career in music as Harmonium players and can hope to listen to more Harmonium Solo recitals in future.

The next time you travel on a local train and your ears catch strains of the, Harmonium playing or you listen to it in a concert or as an interlude in some Bollywood number, be sure to recollect the expedition that has brought this wonderful sound to you and you will start reading between the reeds.....

BOOK DEDICATION CEREMONY

1st May, 2016, Karkala saw a great programme of Reinstallation of the deities, Lord Shrinivasa and Lord Venkataramana in the reconstructed temple, by H. H. Shrimat Samyameendra Thirtha Swamiji of Shri Kashi Math. This year, on 1st May, 2017, at Annual Car Festival of the Temple at 8.00 a.m. a book briefly covering the event, history of Karkala and the temple with select photographs, compiled and edited by Shri K. G. Mallya and sponsored and published by Mrs. Sudha G. Pai of Mumbai (Retired Manager of RBI, past President and present Trustee of the GSB Sabha, Mumbai) was dedicated at the Lotus Feet of Lord Shrinivasa and Lord Venkataramana. Shri Jayarama Prabhu, Managing Trustee of the Temple and also Vedamurtis Shri Ravindra Bhat, Shri Anil Joishy and other archaks of the temple besides Smt. Sudha Pai & family, Shri K. G. Mallya and his wife, were present on the occasion.

(Report by K.G.Mallya and photo by Shri Krishna Kamath)



Five Questions of which you will find the answers in this issue of VoG

Here are 5 questions, the answers of which are embedded in the reports/articles/announcements which are made in this issue of VoG. You have to read the pages carefully and get the correct answers. Please send the answers by e-mail to gsbsabha@gmail.com. The names of senders of first 5 all correct answers will be featured in next issue of Voice of GSB. Please send your full name and membership number (you will find this on your address label printed next to your name) in the e-mail.

- Q1 Dr. Veena Adige received her PhD for which research ?
- Q2 Which is the first most spoken mother tongue in Europe?
- Q3 Which prestigious award did Govt. of Karnataka confer on Sonal Shivkumar ?
- Q4 On what topics will the Pravachan be held by Smt. Bhavana Prabhu?
- Q5 By what name is the Harmonium called in recent times?

CHATURMAS INFORMATION

H.H.Srimad Samyameendra Tirtha Swamiji, Mathadipati of Shree Kashi Math Samsthan, will observe Chaturmas at Mahalasa Narayani - Venkataramana Temple, Konchady, Mangalore from 14th July 2017.

H. H. Srimad Vidyadhiraj Tirtha Sripad Vader Swamiji, Mathadeesh and H. H. Srimad Vidyadeesha Tirtha Sripad Vader Swamiji, Shishya Swami of Shree Samsthan Gokarna Partagali Math, will observe Chaturmas at Gokarn Math, Partagali, Goa from 14th July 2017.

H. H. Srimad Shivanand Saraswati Swamiji, Mathadipati of Shree Kavale Math Samsthan, will observe Chaturmas at Sri Venkataramana Devasthan, Kallianpur, Udipi Dist. From 9th July 2017.

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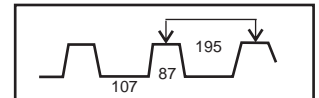
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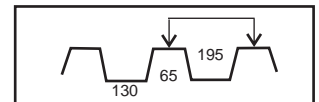
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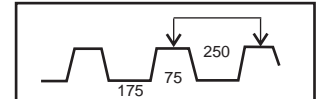
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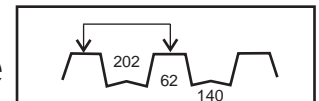
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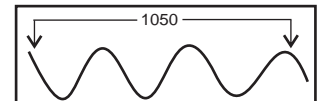
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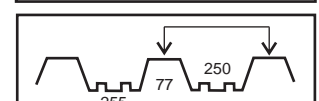
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THEY MAKE US PROUD

THE GSB LEGENDS SERIES : DR. T. M. A. PAI

Excerpts from 'The Legend of Manipal Story of Dr. T.M.A.Pai' By Prof. K. S.Haridasa Bhat.

Dr. T. M. A. Pai, Tonse Madhava Ananth Pai, was one of the architects of modern Karnataka. He was, from the economic and social stand point, an ordinary man. But he rose, in the course of eighty summers that he lived on this coastal district of Dakshina Kannada, Karnataka, to great eminence by sheer virtue of his God-given genius, a spirit of adventure and a sense of duty. In a variety of fields he was destined to achieve unequalled triumph thanks to his vision, daring and organizing acumen. Rare are the examples of a single individual who worked in numerous walks of life-like banking, insurance, business, education-general, medical and technical and who forged ahead, undaunted and unswerved by setbacks and failures and came out triumphant. Whatever he touched became gold by a strange confluence of human will and accident, design and circumstances. The triumph of Dr. Pai was in breathing new life into the Indian context, in establishing in a rural tract like Manipal an educational complex with the dimensions of a University, an ultra-modern hospital, small industries and outstanding banking establishments.

Madhava Pai belonged to the Gowda Saraswatha Brahmin community. The fore fathers of the family settled in the village of Tonse, about five miles north of Udupi. Ranga Pai, grandfather of T. M. A. Pai had ten children, seven boys and three girls. A large family was not considered a burden in those days. Ananth Pai, Madhava Pai's father was a small shop keeper in Brahmavara. His elder brother Mukund Pai, Madhava Pai's uncle, was a lawyer in Udupi. Anant Pai had four sons- they were Purushothama, Upendra, Madhava and Raghunath. Later they came to be known in society as P. A. Pai, U. A. Pai, T. M. A. Pai and T. R. A. Pai. Unfortunately in 1908 Ananth Pai had an untimely death and Yashodha their mother, with her children, sought shelter in her father's house in Kallianpur. Yashoda was a pious lady whose sole aspiration was to see her children get proper education and sound character.

The Pai brothers had their initiation in simplicity of life, honesty and piety from their mother. That their uncle Mukund Pai was a resident of Udupi was very convenient for the children to continue their studies. The four brothers could go to the High School in Udupi from the uncle's house. They had their elementary education in the Catholic School and Hindu Higher Elementary School of Kallianpur. Madhava Pai had decided to go ahead with his education, He had become, by obtaining hundred percent marks in mathematics the favourite pupil of his teacher. The Christian High School, Udupi provided opportunities for the flowering of his genius. It was here that he gained a lot of confidence. He enjoyed great affection and love from his teachers. Not that there were no instances of teacher's wrath on him. Once the mathematics teacher gave him penalty of writing 'imposition' for not taking down a problem. Madhava explained to him "I have to relieve my brother at the shop for lunch for two hours. And we can't afford to burn midnight oil. Please understand my situation. I know how to solve that problem, I can do it now itself, recalling it from my mind. Let it not be considered my arrogance. I regret I would'nt be able to pay this penalty, which is superfluous".



Dr. T. M. A. Pai

The Headmaster, who recognized the sincerity and frankness of Madhava Pai, freed him from the obligation of writing the imposition.

It is difficult to believe that fifty years ago Manipal was nothing but a grazing ground for cattle. If we lift the curtain of fifty years separating the past from the present the sight that is unveiled is stupendous. It is an altogether unbelievable world. Buses, departing every minute and brimming with people on the sides, hospital wards filled to overflowing with patients and their relatives, buzzing groups of medical and engineering students, workers employed in industries, workshops and in the press (Manipal is the birth place of several successful small scale industries) besides the hundreds of young men and women working in the nationalized Syndicate Bank, officers-men and women, a score of languages spoken by the young men and women students from different parts of the country and the world studying in the colleges here from Malaysia, East Africa, US, and Iran; in their attire and demeanour is reflected the modernity of the twenty first century. On the barren hill hundreds of houses, several schools and colleges, churches, temples and mosques have risen, waving the banner of modern India. About three square miles of hill is the inhabited area of Manipal. There is no other place in India where modern amenities are so densely congregated as here: education, banking, business, employment and health care. Manipal offers a solution to the three major ills of the country: banking and industry fight against poverty, education eradicates ignorance and the hospital cures illness. Manipal is a laboratory where experiments in a new life are continually conducted. There is no experiment which has not been tried, no goal which has not been reached under the stewardship of Dr. Pai. This is the story of the success of Manipal, the story of the metamorphosis of a wilderness into a teeming township. It is a unique example of the genius and organizational skill that is latent in the heart of rural India.

Courage, persevarence, adventure brought fame and name in the length and breadth of the country to Dr. T. M. A. Pai, the creator of Manipal, the father of modern Udupi. An obscure community and an obscurer place were both transformed by the miraculous touch of Dr. Pai and rose to success. The mud pond became the world famous Manipal. The secret behind the miracle was Dr. Pai's vision, organization and his ability to enlist the support of men to improve the quality of life around. Thus he is to be assigned a high rank among the makers of Karnataka.

APPEAL TO DONATE TO THE VIDYANIDHI FUND
THE FOUNDATION OF EVERY STATE IS THE EDUCATION OF ITS YOUTH

Since many years now, the Sabha has been disbursing educational assistance to the needy students from our Community from school to post-graduate/professional level, through its Vidyanidhi Fund. The disbursements made for the academic year, 2016-2017, were as under :

Student	No. of Students	Amt. per student	Total Amt. Disbursed
School – Std I to X	129	Rs. 1,500	Rs. 1,93,500
College – Std XI to Graduation	109	Rs. 2,000	Rs. 2,18,000
Post Graduate/Professional	31	Rs. 3,000	Rs. 93,000
TOTAL	298	Rs. 5,04,500

Considering the rising cost of living and education, the Sabha wants to further increase the disbursement amount per beneficiary and this is possible only with your support.

We once again appeal to all our members to donate generously to this Fund and light the lamp of education in a poor family.

Members desirous of contributing, please fill in the form given below and send it to the Sabha's office. Contributions of Rs. 10,000/- and above will be included in the announcements made by Sabha in this regard.

Mumbai
14.06.2017

Uday V. Malya
President

G.S.B. Sabha, Mumbai
101, Shreenidhi, 76, Bhau Daji Road,
Matunga, Mumbai – 400 019.
Tel. : 2408 1499

Date : _____

I am pleased to participate in the Vidyanidhi project, to provide educational assistance to needy students of our Community. My contribution of Rs. _____ is sent herewith by Cash / Cheque No. _____ dated _____ drawn on _____ in favour of G.S.B. Sabha, Mumbai. Please send me a receipt.

Name : _____

Address : _____

Tel. No. : _____

E-mail id : _____

Signature

SUTA PUNNAV

This year Suta Punnava falls on Friday, 28th July, 2017.

New Jannuves , blessed by Bhatmaam would be available at our Sabha office from 8 a.m. onwards. Kindly avail yourselves of this sacred service.

Monsoon Diet

We all welcome the Monsoons in India....coming as it does after the scorching summer, the rains offer much relief. It is also a time to take extra care of what you eat as you are vulnerable to a variety of infections.

Cabbage ambado, onion pakoda, potato / corn stuffed samosa are some of the foods we crave for, but the truth is the moisture content in the air weakens our digestion capacity. The Monsoons also bring down our immunity levels & this is the main reason why many illnesses are associated with this season. Here are a few ways you can ensure to eat right during the rains.

Go green :

Turmeric leaves, sprouting tender colocassia leaves (pathrode paan), Brahmi (ekpani), tora plants (taikilo) grow abundantly during this season. All these leaves have medicinal properties, improve digestion & immunity. But ensure the leaves are cleaned well before use.

Stock up on fruits :

Fruits are ideal sources of vitamins & minerals that we need during this season to reduce sluggishness & improve immunity. Jackfruit rich in Vitamin B(6) is abundantly available during this season. This nutrient is vital in maintaining hormonal balance in our body. Another monsoon fruit is the delicious & juicy Lychees. Besides being sweet, they are nutritious providing an antioxidant that helps fight fevers. Avoid eating peeled & cut fruits on the roadside as air-borne illnesses are thriving in this season.

Warm fluids :

Adding a few tulsi & pudina leaves to your regular drinking water bottles will boost your immunity. Apart from this, consuming a glass of warm jeera & ajwain water in the morning will be beneficial. Rain & "chai" go hand in hand. Adding some cinnamon or elaichi to your regular cuppa or completely switching it for a herbal green tea variety can be



Ms. Anjali Dange
Founder & Chief Nutrition Consultant
at Starlite Nutrition & Wellness Centre,
Vizag

very beneficial in keeping you warm & warding off infections during the monsoon.

Choose your vegetables :

The monsoon market usually has seasonal specialities like bamboo shoots, banana flower (bondi), breadfruit (Jeev Kadgi) & teasel gourd (phagila). While banana flowers are easy to digest & maintain our immunity, bamboo shoots provide a high quality protein to our meals. Breadfruit is rich in Vitamin C & potassium benefiting our skin & heart health. Teasel gourds aid in digestion & are good sources of plant insulin that regulates our blood sugars.

Don't forget your carbs :

Your evening walk on the streets reminds you that it is the monsoon season, when you see groups of "Bhutta" sellers. Corn on the cob, Coal-roasted corn with lemon, salt & chilli powder or simply some corn Bhel, are different ways of adding carbs to our meal plan. The advantage of corn, is that it has a good balance of protein, carbohydrate & dietary fibre making it a meal in itself. Another regular sight is heaps of tapioca in the local markets. This root vegetable apart from contributing to the carb content of your meal will supplement it with Iron too.

You now know how to stay well & enjoy the seasons foods. So dont let the rain or the health troubles it brings with it get you down. Happy Monsoon!!!



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Subhash D.Kamath (9322401863) / Nagraj D. Nayak (9892343448)

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Hi friends!, Hope you had a fun-filled vacation.

These animals and birds have lost their young ones in the forest. Can you help find them? They are hiding in the jumbled words.

1. DEER, 2. SHEEP, 3. SWAN,
4. KANGAROO, 5. RABBIT
6. HORSE, 7. PIG, 8. WOLF,
9. EAGLE, 10. MONKEY



How many raindrops can you catch?

1. 'Monsoon' is derived from the word 'mausim' which means 'season' in -----language.
2. The earliest explanation of monsoon was provided by -----, An English mathematician and astronomer explained in 1686, that differential heating between ocean and land caused giant breeze circulations thus influencing rain.
- 3) ----- is the name given to two days of the year when the sun is directly above the equator.
- 4) The Indian lunar calendar shows six seasons which are ----- or summer, ----- or monsoon, ----- or autumn, ----- or the period between mid-November and mid-January, ----- or the end of winter season and or spring.
- 5) ----- can cause a tsunami.
- 6) In classical music systems of India, Raag ----- composed by Tansen – the court musician of the Mughal emperor Akbar is most associated with the rainy season.
- 7) The great Indian poet Kalidasa too has written an epic ----- celebrating the seasons.
- 8) In India, ----- area receives the least rainfall.
9. A certain bird ----- migrates from Africa to India generally a few days before the onset of monsoon.
- 10) ----- rode the South-West monsoon in 1498 to cross the Indian Ocean and came to Kerala. He was the first European to sail to India.

Please turn to Page no.29 for Answers



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MAYA KAMALAX SARAF

NEWS FROM OTHER GSB ORGANISATIONS

FIFTY YEARS OF GANESHOTSAV

G.S.B. SABHA (Regd.) K.C.G. celebrates 50th year of Ganeshotsav in 2018. 50 years is a milestone in a history of an event. It's an ardent desire of each and every devotee, volunteer and member of our Sabha to celebrate this event in a grand manner.

It is proposed to conduct year long programmes starting from Navratri 2017 (Sep 2017) till the end of Ganeshotsav 2018 (Sep 2018).

A combination of religious, cultural and social programmes is lined up during this period. Among the cultural and social programmes, an attempt is made to have a mix of traditional folk arts, classical and contemporary music, dance, drama, sports and adventure, historical and religious tours. These programmes are lined with promotion of the rich and varied cultural heritage. It is expected a large number of enthusiasts will attend and participate in the events.

Gana Homa will be conducted by **G.S.B. Sabha (Regd.) K.C.G. at Shree Balaji Mandir, Kurla** during Suvarna Ganeshotsav on Vinayaki (Shukla paksha) and Sankashti (Krishna paksha) Chaturthis.

Ganapathi Homa also known as 'GanaHoma' is dedicated to Ganesha deva, son of Lord Shiva and Goddess Parvati.

Our body is built with five elements, earth, fire, water, sky and wind. Fire is a symbol of energy. Without energy there is no life. Hence the fire God "Agni" is worshipped by our ancestors. In the Rig Veda, the first hymn is in praise of Lord Agni. Lord Agni is a divine messenger of our desires.

In Vedic literature, there are hymns in praise of different Lords which are called Mantras. Lord gives us benefits in life such as wealth, prosperity, education, marital bliss, happiness etc. and also spiritual strength to get off the cycle of rebirth.

GanaHoma is performed by invoking Lord MahaGanapathi followed by the chanting of Ganapathi Mantra and then performing the Ganapathihoma as per the shastras.

Ganapathi is well known as Vighnahrata, one who removes any obstacles coming in our way. The start of any auspicious ceremony, poojas, homas is marked by performing Ganapathi homa first. All the obstacles and problems that the person encounters in their life get away by performing this homa. This homa helps in inducing positive energy and helps in attaining peace of mind.

Days of Chaturthis of Hevilambi Samvatsara on which Gana Homa will be conducted is given below. Devotees are invited to participate and seek Grace of Lord Ganapathi. Please contact Sabha office for seva details

Lunar Month	Vinayaki (ShukaPaksha) Chaturthi	Sankashti (Krishna Paksha) Chaturthi
Ashweeja	Sun 24-09-2017	Sun 08-10-2017
Kartika	Mon 23-10-2017	*
Margshira	Wed 22-11-2017	Wed 06-12-2017
Pushya	Fri 22-12-2017	Fri 05-01-2018
Magha	Sun 21-01-2018	Sat 03-02-2018
Phalguna	Mon 19-02-2018	Mon 05-03-2018

*Sankashti Chaturthi of Kartika Maasa falling on Tuesday 7-11-2017, being Angarika, Sahasra Modak Havan will be conducted. For details please contact Sabha Office.

Programme :

7.00 a.m. Nirmalya Visarjana to Lord Balaji
 7.15 a.m. GanaHoma
 Onwards Purnahuti
 Prasad Vitharane

Musical evening at VCT for residents of Shantikunj senior citizens home



Vidyadhiraj Charitable Trust (VCT) organised a musical programme by Harmony Orchestra exclusively for the entertainment of residents of Shantikunj-VCT (Senior Citizens Home) on Saturday, 10th June at VCT complex, Harigram-Panvel.

It was indeed a wonderful evening of music, fun & entertainment. The residents thoroughly enjoyed. The happiness on their faces said it all!

VCT is grateful for this kind gesture by Harmony Orchestra.

**GOWDA SARASWAT SEVAK SAMAJ (GSSS)
SATYANARAYANA PUJA AND SPECIAL
GET-TOGETHER**



The Gowda Saraswat Sevak Samaj (GSSS) organized a special get-together and Satyanarayana puja for its members on Sunday, 30th April, 2017, at the G.S.B. Sabha's Kreedamandir. The occasion provided to all the members and their families an opportunity to come together to be a part of this sacred religious function and also to meet and interact with other members and then to have some games and entertainment after Prasad and Lunch.

About the Samaj

GSS Samaj(GSSS) Mumbai is a cultural and charitable organisation established on 22nd Feb 1974 and now has completed 43 years of sincere service to its members. The members, presently at over 350, are predominantly members from Kerala who are settled in Mumbai.

The Samaj works for the upliftment of GSB Community by all possible means, providing physical and material assistance, particularly to the needy and the indigent members. The Samaj, institutes scholarships/monetary assistance to the deserving members/children of the community to motivate and encourage a sense of competition and scholarship amongst them. The Samaj organises cultural programs like music and dance and other entertainment programs which are of relevance to the members. The Samaj also organises excursions /get-togethers, religious or otherwise thrice a year for the members and their families to afford them opportunities to meet and interact with other members of the Samaj and for entertainment.

ANSWERS FOR JUMBLED WORDS

1. DEER – FAWN, 2. SHEEP – LAMB,
3. SWAN – CYGNET,
4. KANGAROO – JOEY, 5. RABBIT – KIT,
6. HORSE – COLT, 7. PIG – PIGLET,
8. WOLF – PUP, 9. EAGLE – EAGLET,
10. MONKEY – INFANT

ANSWERS FOR FILL IN THE BLANKS

1. ARABIC, 2. EDMOND HALLEY,
3. EQUINOX,
4. GRISHMA, VARSHA, SHARAD, HEMANT,
SHISHIR, BASANT,
5. EARTHQUAKE,
6. MIAN KI MALHAR, 7. RITUSAMHARA,
8. LADDAKH,
9. CHATAK OR THE PIED CUCKOO,
10. VASCO DA GAMA



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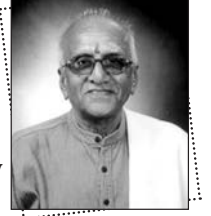
Mob: 98217 63964/ 93200 63964

Res: 022 2445 3379

Email : kamathradhakrishna@rediffmail.com



Vishwa Konkani Kendra
‘Vishwa Konkani Loka Kala Utsav’
‘SHIGMOTSAV’ AT MUMBAI HELD ON MARCH 18-19, 2017



by Basti-Vaman-Shenoy

‘SHIGMO’ AND “SHIGMO PUNNAV” have special significance in the Konkani World, particularly among Saraswats and Kudumbi tribe groups. To celebrate the same, Vishwa Konkani Kendra i.e. World Konkani Centre, (W.K.C), Mangaluru, organised Vishwa Konkani Loka Kala Utsav titled “Shigmotsav” in Mumbai at the Eknath Thakur Ranga Mantap, Saraswati Vidya Mandir, Mahim, Mumbai on 18th and 19th March 2017.

H. E. Shri P. B. Acharya, Governor of Nagaland, with his wife, Smt. Kavita Acharya, lit the lamp and inaugurated “Shigmotsav” on Saturday, 18th March. Vishwa Konkani Sardar and Vishwa Saraswat Sardar, Shri Basti Vaman Shenoy, President W. K. C. welcomed the guests. Shri Kishore Kulkarni, Chairman, NKGSB Co-op. Bank presided over the inaugural session. Madam Grace Pinto, Mg. Director, Ryan International Group of Institutions, Shri Kishore Rangnekar, Director, Saraswat Co-op. Bank and Shri Ullas Kamath, Joint Managing Director, Jyothi Laboratories Ltd. were on the dais as Guests of Honour.

At the start of the program, two minute silence was observed in memory of Shri Vijaynath Shenoy, the creator of the Heritage Village in Manipal, who passed away on 9th March, 2017.

A “Swagat Geet”, representing different hues of the Konkani language, was presented by Kala Coast group of artistes, directed by eminent music composer, Shri Sudhir Nayak. This was followed by an Odissi dance, “Ganesh Vandana”, presented by Smt. Anupama Shenoy.

A congratulatory video message conveyed by Shri Suresh Prabhu, Hon. Railway Minister, was played. A book titled “UPANISHAD”, published by W.K.C., was released by Shri Kishore Kulkarni.

The Chief Guest and all Guests of Honour were felicitated. Smt. Kavita Acharya was felicitated with the traditional “honti”. The Inaugural session concluded with the Vote of Thanks presented by Shri Venkatesh N. Baliga Vice President, W.K.C. Shri Uday Malya was the Master of Ceremony for this session.

After the inaugural session, the cultural programmes of ‘Shigmotsav’ commenced with ‘Urdha Muhurtha’(OVYO), singing of marriage songs by GSB Mahila Mandali Mangaluru, led by Smt. Malathi U. Kamath. This was followed by “Puppetry Demonstration”, presented by Uppina Kuduru Shri Bhaskar Kogga Kamath and other artistes from his group. Kudumbi group artistes, led by Shri Narasimha Naik, performed their folk dances with traditional costumes.

On Sunday, 19th March the programme commenced with Vishwa Konkani Kavitha Gosti (Kavi Sammelan) in association with Sahitya Academy, New Delhi, Shri Krishna Kimbahune was the co-ordinator and 10 Award winning Konkani poets participated.

Folk dances were presented by Bhatkal Kharvi folk artistes, followed by Siddhi folk dance led by Smt. Juliana Pedru Fernandes, Haliyal. Smt. Vijetha Bhandary and her troupe from Kumta presented Sri Krishna Janma Katha. After the lunch break the Christian Gumta Padam (songs) were rendered by Shri Charles D’Souza and group, Mangaluru, followed by Konkani Comedy Drama “Varsam Ek Pavti” directed by Shri Edward Sequeira, Mangaluru. Konkani Deepa Mala Naach was presented by Gomantak Kulavantha Samaj, Karwar.

The Valedictory function was presided over by Shri Albert D’Souza Industrialist, Mumbai. Shri Kishore G. Masurkar, Member, Advisory Board, Samyukta Saraswat and Managing Director, Entod Pharma Ltd, Mumbai, Shri N. N. Pal, Chairman, G.S.B. Sarvajanic Ganeshotsav Samiti, Wadala, Shri Pradeep G. Pai, Secretary Vishwa Konkani Student Scholarship Fund, Shri Kundapura Srinivas Prabhu Mumbai, Shri Venkatesh N. Baliga, Vice President, W. K. C., Shri B. Prabhakar Prabhu, Secretary, W. K. C., Dr. C. N. Shenoy, Chief Co-ordinator (Shigmotsav Committee) Mumbai, Smt Sudha G. Pai Trustee GSB Sabha, Mumbai and Shri Kamalax J. Saraf were on the dais. Shri A. G. Kamath and Shri Francis Fernandes Cascia were honoured for their outstanding life time service towards Konkani language and culture.

Smt. Shakuntala R. Kini and Shri Ravi Nayak compered the cultural programmes. The varied cultural programmes presented were appreciated by all the 800 people on both the days.

MONSOON RECIPES

Rava Vada

An easy to make snack for evening tea.

Ingredients

- 1 cup rava (semolina)
- 2-3 finely chopped green chillies
- 1/2 tsp finely chopped ginger
- 1/2 cup grated coconut
- 1 tsp chopped curry leaves
- 1tbsp sour curds
- Salt to taste
- Oil for frying



Method

- 1) Mix together all the ingredients except oil.
- 2) Add a little water and form a batter of dropping consistency.
- 3) Heat oil in a karahi and drop the batter with the help of a teaspoon, fry on medium heat till golden.
- 4) Remove and drain on a tissue, serve hot with chutney or ketchup.

Kelya Phoola Ambado

Kelyaphool or bondi is high in fibre and ambado made from it can be had as an accompaniment with meals.

Ingredients

- 1 kelyaphool
- 1 cup toor dal
- 1 cup rice
- 1/2 cup grated coconut
- 8-10 dry red chillies
- 1 tsp asafoetida
- Lemon sized ball of tamarind
- Salt to taste
- Oil for frying



Method

- 1) Soak the toor dal and rice for 1-2 hours.
- 2) Remove the hard petals of the banana flower and chop the tender petals and tender flowers finely. Soak in water for half an hour.
- 3) Drain the water from the dal and rice mixture. Keep aside.
- 4) Grind together coconut, red chillies, tamarind, asafoetida and salt to a medium consistency with the help of a little water.
- 5) Add the rice and dal and grind to a coarse paste. The mixture should be coarse and dry.

by Smt. Anuradha Prabhu
anuradhprabhu49@gmail.com



- 6) Squeeze and remove the chopped kelyaphool from water, add to the ground mixture. Mix well.
- 7) Heat oil in a karahi, make lemon sized balls, flatten and deep fry in oil till golden and crisp.
- 8) Drain on a tissue and serve.

Mangalore baje / Golibaje

A speciality of south kanara, golibaje is served with chutney.

Ingredients

- 2 cups maida
- 2 tbspsbesan (gram flour)
- 2 tbsp sugar
- 1/2 cup buttermilk
- 1tsp cooking soda
- 1/2 cup water
- 3-4 green chillies
- 1 inch piece ginger
- Salt to taste
- Oil for frying



Method

- 1) Mix buttermilk and water in a vessel, add sugar, salt and cooking soda, mix well.
- 2) Add the flours along with minced chillies and minced ginger and mix well to form a batter of dropping consistency (a few spoons of water can be added if the batter is thick).
- 3) Heat oil in a karahi, drop the batter gently in oil to form small bondas, fry till light golden.
- 4) Remove and drain on a tissue, serve hot with chutney.

Chutney for Golibaje

Ingredients

- 1 cup grated coconut
- 1/2 cup roasted bengal gram dal
- 2-3 green chillies
- 1/2 inch piece of ginger
- A few sprigs of coriander leaves
- A few curry leaves
- 1tsp mustard seeds
- 1 tsp oil
- Salt to taste

Method

- 1) Grind together coconut, bengal gram dal, green chillies, ginger and salt to a smooth paste.
- 2) Remove and add water to form a chutney consistency, season with curry leaves and mustard fried in oil.

LAST BUT NOT THE LEAST

GSB Sabha Calendar July 2017

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- 1st : Bhakti Natya Tarang, B. N. Vaidya Sabhagraha, Raja Shivaji Vidyalaya, 4 p.m.
 8th : 68th Get-together with eligible boys/girls and their parents, Sudhindra Nilaya, SLV Temple, G.S.B. Sabha, Vashi, Navi Mumbai, 3.30 p.m.
 15th : Monthly Satsang, Sabha Office, 5.30 p.m.
 22nd : 4th Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

August 2017

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 1st : SapthaBhajan, Walkeshwar, Shree Kashi Math, 4 p.m.
 9th : Shravan HaldiKumkum, Dwarkanath Bhavan, Shree Ram Mandir, Wadala, 4 p.m.
 12th : 2nd Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.
 19th : Monthly Satsang, Sabha Office, 5.30 p.m.
 20th : 83rd Foundation Day Celebrations, G.S.B. Seva Mandal's Guru Ganesh Hall, 4 p.m.
 26th : 4th Saturday, Marriage Information Service, Sabha Office, 4 p.m. to 6 p.m.

September 2017

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 9th : 2nd Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.
 16th : Monthly Satsang, Sabha Office, 5.30 p.m.
 23rd : 4th Saturday, Marriage Information Service, Sabha Office, 4 to 6 p.m.
 25th : Navratri Haldi Kumkum, I. M. Pai Hall, Kreedha Mandir, 4 p.m.

List of important dates in the quarter July-September, 2017

Dates	Day	Festival
4 th July, 2017	Tuesday	DevashyaniAshadi Ekadashi
9 th July 2017	Sunday	Guru Purnima
12 th July 2017	Wednesday	Sankasthi Chaturdashi
24 th July 2017	Monday	Shravan Arambh
27 th July 2017	Thursday	Nag Panchami
28 th July 2017	Friday	Suta Punnav (Due to Khandgras Chandragrahan on 7 th August, Suta Punnav will be observed on 28 th July)
7 th August 2017	Monday	Raksha Bhandhan
11 th August 2017	Friday	Sankasthi Chaturdashi
14 th August 2017	Monday	Sri Krishna Jayanti (Janmashtami)
15 th August 2017	Tuesday	Gopal-Kaala _ DahiHandi 71st Independence Day
24 th August 2017	Thursday	HartalikaTrutiya (Vaiyna Puja)
25 th August 2017	Friday	Ganesh Chaturthi

Articles contributed by various members, published in VoG, do not necessarily reflect the views of G.S.B. Sabha & its editorial team.

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26 th August 2017	Saturday	Rishi Panchami
5 th September 2017	Tuesday	Anant Chaturdashi
6 th September 2017	Wednesday	PitruPakshaAarambh (Mhaalu)
9 th September 2017	Saturday	Sankasthi Chaturdashi
21 st September 2017	Thursday	Navratri Ghatastaphna
30 th September 2017	Saturday	Dussera (Vijay Dashami)

Announcement of Winners of 5 Questions asked in previous issue, April to June 2017

The following are the correct answers to the 5 questions which were asked in the April to June 2017 issue of VoG :

- With what title name is Shishya Swami ji of Gokarna Partagali Jeevatham Math known as ?
 Ans : His Holiness Shrimad Vidyadheesh Tirth Shripad Vader Swamiji
- Presently how many pupils are studying at Ram Krishnaa Academy Panvel?
 Ans : 400
- Which event inaugurated by H. E. Shri P. B. Acharya, Hon. Governor of Nagaland, is covered in this issue of VoG?
 Ans : Vishwa GSB Sammelan in Hejamady
- Where was the Sukrtindra Oriental Research Institute initially established ?
 Ans : Kochi
- When was the GSBS Medical Trust set up ?
 Ans : 1973

The first 5 all correct answers were received from

Sr No	Name of Member	Date and Time of email
1	Seema Pai	03-04-2017, 1.16 p.m.
2	Ramanand Pandurang Bhat	04-04-2017, 6.59 p.m.
3	Vivek P. Prabhu	04-04-2017, 7.50 p.m.
4	Prof. Suresh Ramanath Prabhu	04-04-2017, 9.48 p.m.
5.	Neha Nityanand Pai	13-04-2017, 11.35 p.m.

All correct answers were also received from Sharada Manoranjan Pai & Manoranjan M. Pai.

The quiz was also attempted by the following members, but all correct answers were not received :

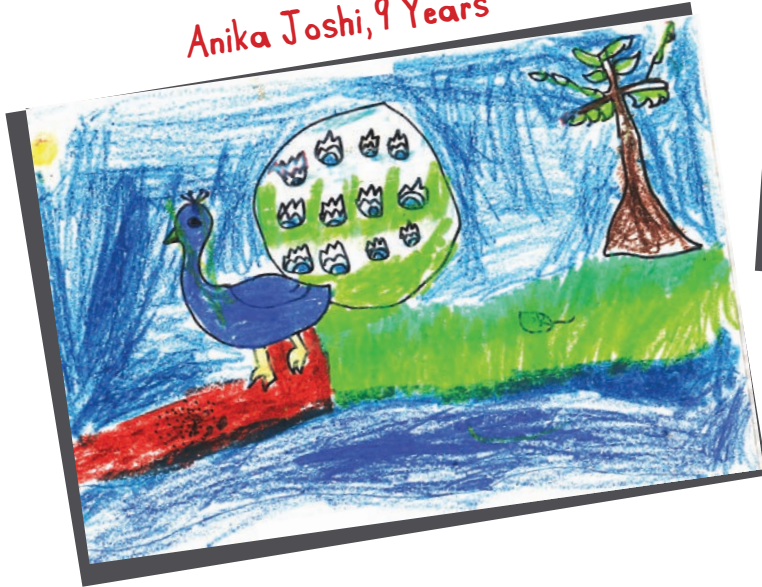
Anuradha Joshi, Arpana Baliga, Mridula Bhat, Datta Prabhu, N. S. Kamath, Niranjan Bhat, Priyalata R. Prabhu and Vidhya D. Pai.



Omkar Uday Shanbhag, 13 Years



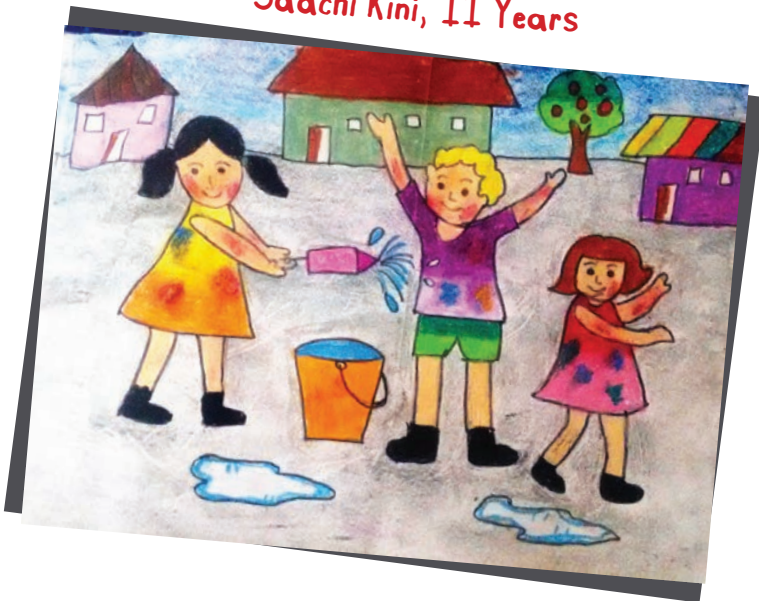
Anika Joshi, 9 Years



Anagha Nayak, 7 Years



Saachi Kini, 11 Years



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